

Key Points:

- Lead with eyes, turn hands and hips
- Push with full blade on ice
- Seal five hole

Progression #1

Description: Start at elbow of crease

- Butterfly
- Slide back to opposite post
- Push to elbow of crease on same side
- Butterfly
- Slide to opposite post
- Push to elbow of crease (starting position)
- Repeat

Progression #2

- Start on elbow of crease
- T-Push to top middle
- Butterfly
- Slide to back post
- Take shot on ice to blocker side
- Deflect puck to the corner

Progression #3

- Start at top middle of crease
- Butterfly
- Slide to post
- Take shot off blocker
- Defelct to Corner
- Repeat

Progression #4

- Start at top middle of crease

- Butterfly
- Slide to post
- Take shot to glove
- Repeat



Notes / Coaching Points

Description
